

ABSTRACT

An optical disk recording method wherein a beam is irradiated on an optical disk so that
5 recording or write once of information is carried out,
the optical disk recording method includes the step
of controlling a recording velocity at the time of
starting the write once, when the write once of
information is carried out on the optical disk where
10 the write once or rewriting can be carried out, the
optical disk having a part where information is
already recorded.